

A MINUTE OF HEALTH WITH CDC

Safe Food

Surveillance for Foodborne Disease Outbreaks – United States, 2009-2010 Recorded: February 12, 2013; posted: February 14, 2013

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

A healthy diet is important, but if food is mishandled or improperly prepared, even a wholesome meal can make you sick. An estimated 48 million foodborne illnesses occur in the US each year. Many are caused by food that was spoiled or not thoroughly cleaned or cooked. The food groups most commonly linked to outbreaks over the last two years were beef, dairy (especially raw milk), fish, and poultry. When preparing food, make sure all cooking surfaces are clean, keep cold foods properly chilled, thoroughly wash fruits and vegetables and keep them separated from meat, and be sure that meats are cooked to an appropriate temperature.

Thank you for joining us on A Minute of Health with CDC.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.